

Internet Addiction among Youths

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Article Info

Volume 82

Page Number: 16991 - 16994

Publication Issue:

January - February 2020

Article History

Article Received: 18 May 2019

Revised: 14 July 2019

Accepted: 22 December 2019

Publication: 29 February 2020

Abstract

These days internet and social media platforms become part and parcel of once life. A day without the smart phones or computer laptops is very hard to move and sometimes, they are treated as an extra hand of human beings. The need and use of internet are mostly depend upon the usage of the person who handle it. However, the necessity of internet had become the relaxation and habit. This study is a sample to exhibit that internet addiction is prevalent among youth who are considered as a back bone of the nation. This descriptive research design, purposive sampling method of study revealed that there is a significant relationship between the internet addiction and cost of their mobile phone they use and the availability internet connectivity.

Keywords – Internet words or phrases in alphabetical order, separated by commas.

I. INTRODUCTION

India is a developing country, which is concentrating more on each and every field to intent to be a developed country. In this phase of evolution, Information and Communication Technology plays a major role. Though, the impact of internet paves way for many advancement in Education, Agriculture, Medical, Corporate, Industrial and Scientific sectors, it has its own flaws. The people who really tend The statistics of Telecom Regulatory Authority of India in 2018 report had stated that year by year the wireless network connections are doubling and the internet data usage also correspondingly increasing in numbers, this depicts that more number of population is getting introduced to internet usage which predominately turns to be an internet dependent.

II. REVIEW OF LITERATURE

Ahmad Taha (2018) in his study ‘ Internet Addiction: A Research Study of College Students in

India’ using survey methodology design and Youngs’ Internet Addiction Scale to measure the level of Internet addiction 300 students who were classifies into two groups .younger and older’ to find out the prevalence of the excessive usage of internet and the research had found out that older respondents were more addicted than the younger ones due to the exposure to the internet facilities and other factors. It also emphasized that there was a significant relationship between the gender and level of internet addiction and more particularly, women were more addicted than men.

Parvanesh Mohammad Khani et al., (2017) in the article “Internet Addiction in High School Students and its relationship with the symptoms of Mental Disorder” aimed to study the relationship between the internet addiction and symptoms of mental disorder by using Descriptive and Correlational research design and Cluster sampling method drawn 400 students from 5 different districts of Tehran and found out that there was a significant positive relationship between the internet addiction and the

mental disorders and more prevalent relationship with anxiety and psychosis.

Deepa Sankar et al (2016), Internet addiction: Prevalence among engineering students and its impact on academics performance, used cross-sectional online survey on Internet addiction among the engineering students in Tamil Nadu and found out that there is significant effect in the class room attention and the academic performance of the students. The study says that internet addition is one of the predominant factor affecting the academics.

Deepak Goel et al., (2013) in their research "A study on the prevalence of internet addiction and its association with psychopathology in Indian adolescents" used Internet Addiction Test (Young) and through a cross-sectional samples consisted of 987 students of different departments of college in Mumbai, measured that there was a significant relationship between the level of internet addiction and the psychopathology. The findings of the study emphasized that due to excessive use of internet., respondents were severely affected by anxiety and depression.

III. RESEARCH METHODOLOGY

Objectives of the study

- [1] To find out the demographic profile of the respondents.
- [2] To study the level of Internet Addiction.
- [3] To analyze the factors influencing internet addiction

Hypotheses of the study

- [1] There is no significant relationship between the age of the respondents and level of Internet Addiction.
- [2] There is no significant relationship between the gender of the respondents and level of Internet Addiction

[3] There is no significant relationship between the cost of the mobile phones of the respondents and level of Internet Addiction.

[4] There is no significant relationship between the internet connection and level of Internet Addiction of the respondents.

Research Design:

Descriptive research design which helps to study the phenomenon of the research problem in detail.

Sample Size:

119 youths from different states of Tamil Nadu State, were drawn as sample for the research study.

Sample Method

Purposive sampling method was used to draw the samples. Purposive sampling is otherwise called as convenient sampling also, in order to achieve the purpose and effectiveness of the study.

Data Collection Method

The data were drawn using questionnaire method which comprised of two parts. The first part of the questionnaire was with the demographic profile of the respondents and the second part of the questionnaire was with the Youngs Internet Addiction scale.

Analysis and Interpretation

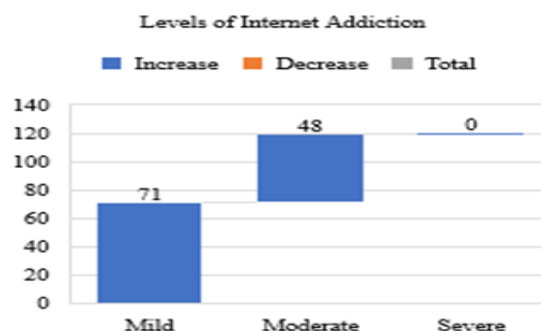


Fig: 1 Frequency distribution of Levels of Internet Addiction of the respondents

TABLE I: ASSOCIATION OF AGE OF THE RESPONDENTS AND THE LEVEL OF INTERNET ADDICTION

Age	Levels of Internet Addiction			Total	Statistical Inference χ^2 Test
	Mild	Moderate	Severe		
15 – 20	42	16	0	58	P Value - 0.005 Df - 3
21 – 25	26	30	0	56	
26 – 30	3	0	0	3	
31 – 35	0	2	0	2	
Total	71	48	0	119	

The above table emphasizes that majority of the respondents were mildly affected by internet addiction between the age group of 15 to 20 years. The chi-square test measured p value as 0.005 which is lesser than the significant value of 0.05, hence the null hypothesis is rejected.

TABLE II: ASSOCIATION OF AGE OF THE RESPONDENTS AND THE LEVEL OF INTERNET ADDICTION

Gender	Levels of Internet Addiction			Total	Statistical Inference χ^2 Test
	Mild	Moderate	Severe		
Male	17	22	0	39	P Value - 0.013 Df - 1
Female	54	26	0	80	
Total	71	48	0	119	

From the above table, we could understand that female respondents were proven for the mild internet addiction than male and majority of the respondents are mildly affected by the internet addiction. The chi-square test measured p value as 0.013 which is lesser than the significant value of 0.05, hence the null hypothesis is rejected.

TABLE III: ASSOCIATION OF AGE OF THE RESPONDENTS AND THE LEVEL OF INTERNET ADDICTION

Cost of Mobile Phones (in rupees)	Levels of Internet Addiction			Total	Statistical Inference χ^2 Test
	Mild	Moderate	Severe		
Below 5000	17	13	0	30	P Value - 0.738 Df - 4
5001 to 10000	33	17	0	50	
10001 to 15000	15	11	0	26	
15001 to 20000	5	6	0	11	
Above 20001	1	1	0	2	

Total	71	48	0	119
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This table throws light on the fact that, majority of the respondent's mobile phones cost ranges between 5,000 to 10,000 rupees and they suffer from mild internet addiction. The chi-square test measured p value as 0.005 which is greater than the significant value of 0.05, hence it fails to reject null hypothesis

TABLE IV: ASSOCIATION OF AGE OF THE RESPONDENTS AND THE LEVEL OF INTERNET ADDICTION

Internet Connectivity	Levels of Internet Addiction			Total	Statistical Inference χ^2 Test
	Mild	Moderate	Severe		
Always connected	20	12	0	32	P Value - 0.552 Df - 2
Only in Need	43	33	0	76	
No connection	8	3	0	11	
Total	71	48	0	119	

The above table shows that, majority of the respondents, who connect their internet only, when there is a need, are highly prone to internet addiction mildly and moderately. The chi-square test measured p value as 0.552 which is greater than the significant value of 0.05, hence it fails to reject null hypothesis.

IV. FINDINGS

- [1] 71% of the respondents were mildly addicted to internet.
- [2] 69% of the respondents who were in the age group of 15-20 years were mildly affected to internet addiction.
- [3] 64% of the female respondents were addicted to internet in mild level.
- [4] There were 59.5% of the respondents mildly addicted to internet had been using mobile phone with the of 5,000 to 10,000 only.

[5] 90% of the respondents with mild internet addiction use internet connection to their device only whenever it is needed.

TABLE V: RESULT OF HYPOTHESES TESTING

S.No	Hypotheses	Significance (Chi-square Test)
1	Ho - There is no significant relationship between the age of the respondents and level of Internet Addiction.	Not Significant
2	Ho - There is no significant relationship between the gender of the respondents and level of Internet Addiction.	Not Significant
3	Ho - There is no significant relationship between the cost of the mobile phones of the respondents and level of Internet Addiction.	Significant
4	Ho - There is no significant relationship between the internet connection and level of Internet Addiction of the respondents.	Significant

V. CONCLUSION

In this era of communication and information technology, the young people of the nation must learn to distinguish between usage and over usage of internet. Though the study had found out that majority of the respondents affected mildly with internet addiction. It is the right time to predict that, in coming days it might get severe addiction too. So, in order to avoid any psychopathological consequences, concrete steps has to be taken to control and regulate the internet usage among youths. It is very essential to safe guard our youths since, India is the youngest country in the world. There is no good health without mental health. It's the need to work towards the third goal of 'Sustainable development goals' which is Good Health and Well-being.

ACKNOWLEDGMENT

"Dr.P.SumithaShalini andDr.K.R.Murugan thank RUSA 2.0 for finical its support for publishing this article under the 'Theme Based Research Project'.

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